

Safe Health Practices

Hand washing is your first line of defense!

Wash Hands ...

- First thing in the morning before contact with children.
- After cleaning.
- Before preparing food or eating food.
- After diapering/toileting.
- After coming in from outside play.
- After contact with body fluids (blood, mucus, vomit, feces, urine).
- After touching animals.

Why Do It?

- Many germs collect on hands throughout the day.
- Hand washing is the simplest way to stop the spread of disease anywhere in the home.

To wash hands ...

- Wet hands with warm water.
- Apply soap, preferably liquid.
- Lather hands, tops and backs of hands, wrists.
- Wash between fingers and under fingernails. Count to 30.
- Rinse well letting water run from wrists to fingers.
- Dry with paper towel.
- Turn water off with paper towel before throwing away into plastic-lined, covered step-can.

Why Do It?

- It is important to wash hands well to get the germs off and to stop the spread of disease.

When changing diapers ...

- Establish diapering area away from food preparation area.
- Keep all diapering supplies within close reach.
- Place disposable towel or roll paper on diapering surface and throw away items after each diaper change.
- Wipe child's bottom from front to back to prevent urinary tract infection.
- Place all disposable items in plastic bag or plastic-lined container.
- Clean and disinfect diapering area after changing the diaper.
- Wash the child's hands and your hands. Do not use the kitchen sink for hand washing after diapering or toileting. Use bathroom sink.

Why Do It?

- Following proper diapering techniques will prevent the spread of disease.

An area for sick children should ...

- Be within your sight or sound at all times, but away from the other children in the house.
- Have a bed or cot for the child to rest.
- Be close to a toilet and sink.
- Have a play area with toys that can be washed.
- Have a thermometer ready for taking temperatures.

What Is it?

- Children who are sick need more opportunity for rest or quiet activities. Plan for a room or area in the home where sick children stay when they have an illness that could spread to other children.

When taking a temperature ...

- Be sure to follow the instructions for using the thermometer.
- Do not leave child alone while taking the temperature.
- Clean thermometer following use. Rinse in warm soapy water and wipe with alcohol.
- Store thermometer in package to keep it from breaking.
- Keep thermometer out of child's reach.

Why Do It?

- Children may not be able to tell you if they are not feeling well. The temperature will tell you if a child is sick.
- It is important to take a child's temperature correctly.
- A child with a fever may be sick and probably needs to see a doctor.

Safe Health Practices (Continued)

When disinfecting ...

- Wash item with soap and warm water first, then apply chlorine bleach solution. (See below.)
- Rinse very well any items that children put into their mouths.
- Place bleach solution in a labeled spray bottle out of children's reach.
- Wash and disinfect any item or area that becomes soiled by blood, vomit, feces, or urine.
- Make fresh bleach solution daily so that bleach evaporation does not make the solution too weak.

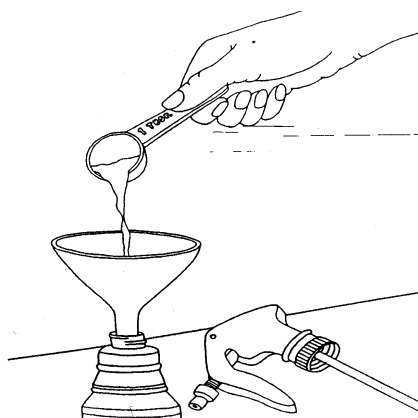
Why Do It?

- Toys and items that are touched often should be cleaned on a regular basis to kill germs.
- During outbreaks of illnesses, cleaning and disinfecting should be done daily.

Bleach Solution ...

To mix the solution, combine one (1) tablespoon of bleach to one (1) quart of water. For larger amounts, combine 1/4 cup of bleach per gallon of water.

- Mix a fresh solution each day. Throw away old solution.
- Use a labeled spray bottle that you keep out of reach of children.
- Use to clean and sanitize items (toys and plastics) and surfaces (counters, chairs, and cabinets).



Why Do It?

- A chlorine bleach disinfectant kills germs.

1/4 cup = 2 oz.
1 quart = 32 oz. or .9 liter
1 gallon = 4 quarts or 3.785 liters

Universal Precautions ...

When you come in contact with blood or body fluids, practice universal precautions:

- Use disposable gloves (preferably latex), unless the amount of blood or body fluid is so small that it can be contained with the material used for cleaning.
- Before throwing out articles contaminated with blood or used to clean or disinfect, wrap all used cleaning materials in plastic and place in a second plastic bag. Tape both bags.

Why Do It?

- Universal precautions are recommended by the Center for Disease Control.
- Prevent the spread of communicable diseases.

Other Health Practices ...

- Make certain children do not share combs, brushes, toothbrushes, cloth bibs, bottles, towels, washcloths, or bedding.
- When offering water play, empty and sanitize containers daily.
- Wash hands frequently even if gloves are worn.
- Feces or vomitus should be put in the toilet.
- If sheets, towels, or clothing become soiled, handle as little as possible. Wash separately with hot water and detergent for at least 25 minutes.
- Wash bedding at least once a week.